



# Bodycenter Studios

January – May 2012

Sign up On-line at [bodycenterstudios.com](http://bodycenterstudios.com)

## RATES

### PRIVATE INSTRUCTION STUDIO DIRECTORS

Single Session	\$ 70.00
5 Session Package	\$340.00
10 Session Package	\$630.00

### SENIOR INSTRUCTORS

Single Session	\$ 65.00
5 Session Package	\$315.00
10 Session Package	\$580.00

There is a slight decrease in price for Associate Instructors.  
Please request current rates at our studio.

### SEMI-PRIVATE INSTRUCTION

Single Session	\$43-\$48
10 Session Package	\$380-\$430

### PRE-REGISTRATION CLASSES 6 WEEK CLASSES

Athletic Conditioning Reformer Series	\$150.00
Group Reformer Series	\$150.00
Group Reformer Plus Series	\$150.00
Jumpboard Circuit Series	\$150.00

### DROP-IN CLASSES

All Level yoga Drop-in	\$14.00 (or use punch card)
Ball/BOSU Drop-in	\$17.00 (\$15 with punch card)
Group Reformer Drop-in	\$25.00
Pilates Circuit Drop-in	\$20.00
Pilates Mix Drop-in	\$25.00
Springs/Reformer Drop-in	\$25.00

Group Reformer and Pilates Circuit Punchcards available.  
Washington State Sales Tax will be added to all prices above.

### PILATES MAT CLASSES

Drop-in	\$17
10 Class Punch Card	\$150

(Tax included)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am-8:30am				Pilates Mat Drop-in			
8:00am-9:00am						Pilates Mat Drop-in (8:30-9:30)	
9:30am-10:30am			Group Reformer Drop-in			Pilates Circuit Drop-in	
10:30am-11:30pm		Intro to Jumpboard Circuit Drop-in					All Level Yoga (10:00-11:30)
12:00pm-1:00pm		Group Reformer Series	Pilates Mix Drop-in				
4:30pm-5:30pm							
5:30pm-6:30pm			Ball/BOSU Drop-in				
6:30pm-7:30pm	Pilates Circuit Drop-in	Springs/Reformer Drop-in	Group Reformer Plus Series	Group Reformer Drop-in (6:00-7:00)			
7:30pm-8:30pm	Athletic Conditioning Reformer Series		Jumpboard Circuit Series				Pilates Mat Drop-in (7:00-8:00)

**206.633.4800**  
[www.bodycenterstudios.com](http://www.bodycenterstudios.com)

Come see our NEW STUDIO  
4250 8th Ave NW, Suite 100  
Seattle, WA 98107



# EQUIPMENT CLASSES

## Pilates Mix Drop-in

For the clients who love variety, this class is for you! This class will include Reformer exercises with an athletic conditioning spin, jumping, Springs, BOSU, Foam Rollers and more. Pre-Requisite: 1 Private Session and no current injuries. Recommended: previous Group Reformer Series.

## Jumpboard Circuit Series

Innovative jumpboard combinations, separated with intervals of upper and lower body strength and flexibility exercises on the reformer. This class will also include balance work using the foam roller, BOSU, and the new stability cushions. This ultimate cardio/strength interval class will offer a great core challenge, enhanced body strength, and get your heart pumping—all while focusing on proper jumping technique. Try out this outstanding new class! Due to the intense nature of the class, it may not be appropriate for individuals with particular injuries. Please consult with the Studio Directors. Pre-requisite: 1 Private Session. Recommended: previous Group Reformer Series.

## Group Reformer classes

A concert of fluid, core-centered core-e-ography, all performed on the Reformer. Class size is limited to 4 people to provide individualized attention in this group setting. One private session is required first. Take either a 6 week Series class if you are new or our NEW Drop-in Class.

## Athletic Conditioning Reformer Series

Athletes - whether professional or amateur - benefit greatly from performance enhancement training. This high-caliber workout is designed for all types of athletes, even the weekend warrior. Always initiating from the core, you'll learn how to retrain muscles that may have become imbalanced and take your body to a new level of strength and agility. Pre-requisite: must have taken one Group Reformer Series first!

## All Level Yoga Drop-In

This All Levels Yoga class is designed to develop strength, flexibility, postural alignment, and balance. Students will practice a wide range of seated and standing yoga poses, sun salutations, balance poses, breath work and savasana (rest!). This class will also include month-end restorative yoga poses to allow the mind, body and spirit to surrender and somatically unwind, so you feel relaxed, restored & renewed. Open to all levels with modifications made to meet individual needs.

# PILATES CLASS DESCRIPTIONS

## Pilates Mat Drop-in

This class will take you beyond the fundamentals as you begin to explore the extent of balance and strength within your core. Routine development will become more graceful and natural as you find yourself performing with greater confidence and knowledge.



## BOSU/Stability Ball Drop-in

This challenging class will take your mat exercises to a new level. This class combines the unstable BOSU and the spherical nature of the Ball to enhance strength and coordination while promoting balance and stability. Your core will have new integrated strength.

## Yamuna Body Rolling™

Yamuna Body Rolling™ consists of a series of routines using balls designed exclusively for self-massage. It allows you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion. YBR™ re-educates muscles and stimulates bone, creating positive, permanent changes in the body. The routines follow specific sequences that match the body's own logic and order. They take you from the origin of the muscle at the tendon, elongating the muscle while stimulating the bone and soft tissue. Working with the body's own gravity, the exercises ease movement in the muscles to the point of relaxation, offering weight-bearing exercises, with the benefits of a deep self-massage. It helps stretch and elongate your muscles, dislodge tension and discomfort, increase blood flow, and promote healing. It's Health, Fitness & Massage rolled into one!

## Springs/Reformer Drop-in

New Drop-in Class. Our new springboards are sure to add variety to your Pilates workout! With leg springs, arm springs and the roll-down bar, there are 100s of new exercise combinations available-all to strengthen your core and challenge your limbs. One 6 week Group Reformer Series or permission required before dropping in.

## Pilates Circuit Drop-in

A wonderful use of a variety of equipment to keep you wanting more-mat work, reformer work, springs, balls, BOSUs. Move at a nice pace between the props to keep the blood flowing. Recommended: One group reformer Series.



## Series Starting Dates

Series #1 ~ January 16th through February 24th

Series #2 ~ February 27th through April 6th

Series #3 ~ April 9th through May 18th